

Powerful Patient 2008 week 52

Host: Joyce Graff, WebTalkRadio.net

Learning about Joy from my Son with Downs

When people hear that his son has Down's syndrome, they often say to Martin Ramirez, "He's lucky to have you." Not so fast, says Ramirez. He insists he's the lucky one – his son Mario has taught him far-reaching lessons that have enriched his life beyond measure.

1) About Our Guest

Martin Lopez Ramirez is on the Board of Directors of the Lucas County (Ohio) Board of Mental Retardation and Developmental Disabilities, and served as the past president of the Board of the Lucas County Collaborative Network of Northwest Ohio. He was also chairman of the Diversity Committee of the Toledo, Ohio, post office. Ramirez is the father of three boys, one of whom has special needs.



Martin Ramirez and his mentor, Mario

Married to Melissa, his just-out-of-highschool sweetheart, they had two boys in quick succession. But Melissa felt she wasn't done yet – she had "so much more love to give." After much discussion, they got pregnant again at the age of 30 – a normal pregnancy and delivery. But there was a problem. Their youngest son had Trisomy 21, or Down's syndrome.

Ramirez chronicles his experiences in a book, *Living it Up with Downs: How My Son Became My Mentor*. In this conversation with Joyce Graff, he talks about his evolution from denial through grief to acceptance and even joy. What Mario contributes to his parents and his brothers is quite different, he is teaching them important lessons that will serve them well in all aspects of their lives.

"Until you see assets in your child," Martin says, "you haven't really accepted him."

2) Life Lessons

Martin shares his perspective on the differences in the way men and women communicate and process grief. His insights are helpful for anyone going through periods of self-doubt, or financial or medical crisis. Today, with all the problems in the economy, these insights are important for all of us to hear.

In this program you will learn:

- The four core needs all children must know about, to avoid disillusion in life's journey – Love, Attention, Control, and Excitement (LACE)
- The four most powerful words once put together, that will energize your marriage, boost your kids' grades, revitalize your career, and more.
- How to stop struggling when you talk with your kids, and how to go from tragic to magic with a simple technique.
- How to learn the difference between success and significance, and how this can transform your life.
- How he more than tripled his income by finding his purpose and doing what he loves to do. Teach your children how, and save them forty years of frustration in a job or career they hate.
- The Number One thing children want from their parents.

3) About the Book

Living it Up with Downs! How my Son became my Mentor: A Guide to Finding Your Purpose by Martin Lopez Ramirez is available from his website, <http://www.downsdad.com>, or through Amazon.com